

NEWS

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SECOND WEST NILE VIRUS CASE IN ONE WEEK

An Ada County man in his 70s has been hospitalized with a West Nile Virus (WNV) infection. This is the second case of the severe form of the disease reported to the Central District Health Department (CDHD) this week. On Monday July 17th CDHD confirmed that a Glenss Ferry man had been hospitalized with serious symptoms of West Nile Virus. According to Dr. Leslie Tengelsen, Deputy State Epidemiologist, there are now three confirmed human cases of WNV statewide and several others under investigation.

Approximately 80% of WNV infections are mild and may go unnoticed. Perhaps 20% of WNV infections will result in West Nile fever, an illness characterized by fever, headache, body aches, occasionally skin rash, swollen lymph glands and occasionally, profound fatigue. A serious complication of WNV infection is encephalitis or other neuroinvasive disease. Symptoms can include severe headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis and, rarely, death. The risk of serious illness or death is greatest among the elderly or among individuals with weakened immune systems.

It is important to realize that less than 1% of persons infected with WNV will develop severe illness.

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2nd WEST NILE CASE – ADD ONE

If you think you have West Nile Virus infection, contact a physician immediately!

Central District Health does not have a physician on staff and does not provide testing for WNV infection.

From the number of positive mosquito pools, human and horse cases, it is clear that West Nile Virus is present in southwest Idaho. The best approach to reducing your risk of becoming infected is to avoid being bitten by infected mosquitoes.

- Be extra vigilant between dusk and dawn when mosquitoes are most actively feeding.
- Wear long-sleeved shirts and long pants whenever you are outdoors and mosquitoes are around.
- Spray clothing with repellants containing permethrin or DEET since mosquitoes may bite through thin clothing.
- Apply insect repellent sparingly to exposed skin. An effective repellent for adults will contain 30% - 35% DEET. DEET in concentrations higher than 35% does not provide additional protection.
- **Use caution when applying insect repellents to children, especially children under 2 years of age! Read and follow the manufacturer's "Directions for Use" before applying any repellent, especially on children.**
- Repellents may irritate the eyes and mouth, so avoid applying repellent to children's hands.
- Install and repair window and door screens so that mosquitoes cannot get indoors.
- Get rid of standing or stagnant water in discarded tires, tubs, etc. where mosquitoes breed.

For more information on West Nile Virus please visit the CDHD website at www.cdhd.idaho.gov.

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